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<p>(21) International Application Number: PCT/HU89/00006</p> <p>(22) International Filing Date: 10 February 1989 (10.02.89)</p> <p>(31) Priority Application Number: 662/88</p> <p>(32) Priority Date: 11 February 1988 (11.02.88)</p> <p>(33) Priority Country: HU</p> <p>(71) Applicant (for all designated States except US): INFORT INFORMÁCIÓS RENDSZER TECHNIKA [HU/HU]; Kutatási-Fejlesztési-Termelési Egyesülés, Guszev u. 25, H-1051 Budapest (HU).</p> <p>(72) Inventor; and (75) Inventor/Applicant (for US only) : BOZSIK, Valéria [HU/HU]; Körösy József u. 10, H-1117 Budapest (HU).</p> <p>(74) Agent: PATENTBUREAU DANUBIA; Bajcsy Zsinszky u. 16, P.O.B. 198, H-1368 Budapest (HU).</p>		<p>(81) Designated States: AT (European patent), AU, BE (European patent), BG, BR, CH (European patent), DE (European patent), DK, FI, FR (European patent), GB (European patent), IT (European patent), JP, KR, LU (European patent), NL (European patent), NO, SE (European patent), SU, US.</p> <p>Published With international search report.</p>
<p>(54) Title: METHOD FOR PREPARING A STIMULATING, DIGESTION IMPROVING AND HUNGER APPEASING DESSERT</p>		
<p>(57) Abstract</p> <p>The invention relates to a production of a product being suitable for human consumption, containing exclusively natural ingredients with a high nutritive value, being easily consumable, simultaneously stimulating cerebral activity, improving digestion and appeasing hunger, as components fibres of vegetable origin, quickly absorbable carbohydrates and mineral salts transferred by the vegetables are contained. The method can be characterized in that preferably 15% by weight wheat bran, 20 % by weight unbittered soya granulate, 35 % by weight palatable wheat-germ and 30 % by weight hulled unsalted and unroasted oil-seeds are blended, the starting material thus obtained is ground to the fineness of grits expediently in a hammer mill, while milling is continued intensively at a maximal temperature of 30°C. The milling product is filled continuously into a kneading machine with a low number of revolutions, wherein a mass is prepared by pouring-in uncrystallized honey of the age of 6 to 8 months, the most, the mass is flavoured with 0.1 % by weight sweet fennel, mass of the milling product and honey are approximately identical. The mass obtained is allowed to swell and ripen for at least 21 days in an enamelled or rust-proof or glass vessel, thereafter the product is cut in pieces, shaped and if desired, it can be provided with a coating, expediently by dipping or strewing, at last it is packed into foil or boxes in a way known in itself.</p>		

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Method for preparing a stimulating, digestion improving
and hunger appeasing dessert

5 The invention relates to a method for preparing a diges-
tion improving and hunger appeasing product being suit-
able for human consumption, containing exclusively
natural substances, having a high nutritive value, stimu-
lating cerebral activity and which is easily consumable,
10 the components of which are fobres of vegetable origin,
quickly absorbeable carbonhydrates, vitamin compositions
and mineral salts transferred by plants.

By the progression of civilization, formation of hectic
city life, as a result of increased demands in the
15 mental sphere loads acting on human organism have changed
quickly. To-day not so far physical efficiency dominates,
ability for concentration, creativity, abstracting abi-
lity became more important, increased cerebral activity
became generally characterizing. A special branch of
20 sciences deals with the research directed to modern nou-
rishment. It has been recognized that automatically formed
practices of nourishment do not comply in general with
present requirements. It belongs to the fundamental re-
cognitions of the new scientific branch that in general
25 consumption of fats of animal origin, salt and carbonhyd-
rates has to be reduced, simultaneously proportion of
foods of vegetable origin, being rich in proteins, vita-
mins and mineral salts is to be increased. Recently con-
sumption of raw fibres of vegetable origin has been pro-
30 pagated in all world.

For increasing cerebral activity several traditional media
are known, out of which coffein, nicotine and alcohol are
mostly spread. It is a well known fact that stimulating
35 effect thereof is provisional only, practically timing is

impossible and positive effects are followed often by severe negative subsequent effects, diseases with an obsession character may be developed; effects detrimental to health can be unambiguously demonstrated. In spite of this knowledge their consumption has been increased continuously since years, the offer is enormous, production is the best business pointing at the fact that there is a demand on behalf of the people for these articles.

The aim of my invention is to develop a method, by the aid of which a product can be prepared with a stimulating effect without any by-effect being detrimental to health, the more, it has a high nutritive value, value of delight is advantageous, being palatable for everybody, it should improve digestion, the effect could be timed, it should not contain salt and synthetic materials.

The invention is based on the recognition that by blending some materials of vegetable origin known in themselves with advantageous biological effects in the proper proportion, so e.g. honey, bran, soya, wheatgerm and oilseed with a high fibre content, as a synergetic effect capacity of brain activity can be increased, as a further positive by-effect equibalance of the digesting system can be achieved. Fructoses in honey, vitamins and mineral salts contained therein can be absorbed easily by human organism, these are materials of high nutritive value, as it has been known long ago. According to the science of nourishment, the more in compliance with earlier observations consumption of oil-seeds in itself is most useful and healthy by virtue of the unsaturated fatty acids, rawfibres, vitamins and mineral salts contained therein.

The aim set was achieved by developing a method for preparing a stimulating, digestion improving and hunger appeasing dessert, in sense of which a mass is blended

from honey, fibre-containing materials of vegetable origin and oil-seeds.

5 The method can be characterized 10-20% by weight, preferably 15% by weight palatable wheat bran, 15-25% by weight preferably 20% by weight unbittered soya granulate, 30-40% by weight, preferably 35% by weight palatable wheat germ, 25-35% by weight, preferably 30% by weight hulled unsalted and unroasted oil-seeds are blended. The starting material thus obtained is ground to the fineness of grits, expediently in a hammer mill, whereby milling is continued intensively at a maximal temperature of 30 C°; The grits thus obtained are filled continuously into a kneading machine with a low number of revolutions, where-
15 in by pouring slowly uncrystallized mixed honey of the age of 6-8 months the most a mass is obtained by continuous agitating, the mass is to be flavoured with 0,05-0,15 % by weight, preferably 0,1% by weight sweet fennel, advantageously the mass of grits equals to the mass of
20 honey. The mass thus obtained is allowed to swell and ripen for at least 21 days in an enamelled or rust-proof vessel or made of glass, thereafter the mass is cut in pieces and formed; if desired, it can be provided with a surfacial coating, expediently by dipping or strewing,
25 at last it is packed into a foil or box, in a way known in itself.

It is considered as advantageous, if the milling product contains sunflower seeds, as oil-seeds.

30 It is also considered as advantageous, if as oil-seeds linseeds are admixed.

With an expedient implement of the process as a surfacial coating chocolate, chocolate grits or cocoa-powder may be
35 used.

The method according to the invention will be detailed by means of some preferable examples.

Example 1

- 15 15% by weight of palatable wheet bran
20% by weight unbittered soya granulate
35% by weight palatable wheat-germ
30% by weight natural hulled sunflowerseeds
are mixed.
- 100%
100%

- The mixture is ground - the possible quickly - in a hammer-mill to the fineness of grits, while care is to be taken for that temperature of the milling product should not exceed 30 C°. Milling is to be performed quickly, as when comminuting oil-seeds, oxidizing processes start utmost quickly on the breaking surfaces. Milling product must
15 pass the sieve with an 1mm mesh. Finer comminution is not recommended, as digestion improving effect of raw-fibres does not prevail with finer comminution. The grits thus obtained are mixed with 100% by weight honey into a mass in a kneading machine with a low number of revolutions.
20 The requirement to be met by the hoeny to be used lies in that that its age should be 6-8 months at most /run in this period/, it must not be crystallized, as krystallized honey is unable to dissolve, diffunde into the fibrous grits, the more, it could be observed that vitamin content
25 of crystallized honey is less.
- 50% honey

- Honey is to be added to the milling product by slow pouring, with uzmost care. The mass is flavoured with about 0,1 % by weight sweet fennel. Thereafter the mass is
30 allowed to ripen for at least 21 days in an enamelled or rust-proof or glass vessel, for allowing the fibres to absorb the honey and to swell. The absolutely homogeneous mass is considerably consistent, it can be well kneaded and cut. Experiences has shown that the most advantageous
35 dosage equals to 10g pieces. These pieces may have an angular cylindrical or spherical shape, the surface may be coated with chocolate, they can be rolled in chocolate

grits or cocoa-powder or any other suitable material.
The mass is filled into a wafer or thon paste. The dessert thus obtained is packed in the usual way, it can be packed into foil, a box or in a bag, or into a synthetic box formed under vacuum etc.

Example 2

Materials of vegetable origin - with the difference that instead sunflower-seed linseeds are used - are blended as described in Example 1, a mass is prepared with honey and other steps of the process are realized, as previously described. The flavour of the dessert thus prepared differs from the taste of the former one, it is richer in raw fibres, accordingly, it affects digestion even more advantageously.

In connection with the biological effect of the products produced by the process according to the invention, the following could be observed:

When consuming 30-40 g dessert by a grown-up of average weight, the effect stimulating cerebral activity appears with in a half hour, or in an hour, lasting for 4-5 hours. For drivers 50-80 g enable unrelaxing concentration of attention for a whole shift. A lot of people consuming coffee or any other stimulating agent is compelled to take sedatives and somnifacent media to assure a quiet night. Regular consumption of the dessert according to the invention makes the use of usual stimulating drugs superfluous and restores natural rhythm of cerebral activity, accordingly, taking of somnifacent media becomes superfluous too. Advantageous experiences could be gained with people suffering of permanent disturbances in digestion, in this case after having consumed the dessert regularly for 3 to 5 weeks, self-regulation of digestive rhythm could be restored.

With people suffering under depressive conditions by the consumption for 4-6 weeks characterizing sleepiness and depression could be stopped and medicines used to be taken in these cases became superfluous.

5

Improvement could be observed with people suffering of cardiovascular trouble staying in an obvious connection with the increased cerebral activity and good function of the self-regulating digestion system.

10

The product according to the invention does not contain any material being alien for the human body, accordingly, they cannot be qualified either as medicine or as a doping agent, for this reason it can be suitably used for increasing the efficiency of sportsmen, in addition, regular consumption assures a good general condition, harmonic physical-mental condition without exhausting reserves of the organism.

15

Experiences has shown that for an average person in case of average loads a consumption of daily 1 g/1 kg body weight is considered as most advantageous, overconsumption may result in the displacement of regular daily rhythm.

20

The most important advantages of the method according to the invention can be summarized, as follows:

- direct product of the method results in a well demonstrable effect stimulating cerebral activity, which can be well timed;
- as an additional effect permanent equilibrium of the digestion system can be mentioned;
- the product is free of any synthetic substance, it consists exclusively of natural ingredients of vegetable origin;
- no by-effect being detrimental to health could be observed;

25

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- it can be consumed without distinction to age and sex;
- quickly absorbable components with a high nutritive value appease immediately hunger, at the same time eating of some desserts does not involve a considerable calory introduction for the organism.
- Materials to be applied are relatively cheap, method of production is simple, accordingly the product can be prepared with low production costs;
- last but not least increase of efficiency can be obtained without exhausting reserves of the organism, by the stable equilibrium of natural biorhythm;
- the product can be kept for a long time without any conserving means.

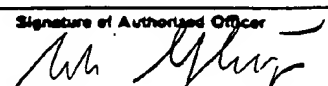
What we claim:

1. Method for preparing a dessert for stimulation, improvement of digestion and hunger appeasing, in course
5 of which a mass is blended of honey, material of vegetable origin with a high fibre content and oil-seeds, characterized in that 10-20% by weight, preferably 15% by weight palatable wheat-bran, 15-25% by weight, preferably 20% by weight unbittered soya granulate, 30-40% by weight,
10 preferably 35% by weight palatable wheat germ and 25-35% by weight, preferably 30% by weight hulled unsalted and unroasted oil-seeds are blended, the starting material thus obtained is ground to be fineness of grits expediently in a hammer mill, while milling is continued intensively,
15 at a maximal temperature of 30 C°; the milling product is filled continuously into a kneading machine with a low number of revolutions, wherein a mass is prepared by pouring-in uncrystallized honey of the age of 6 to 8 months the most, the mass is flavoured with 0,05-0,15%
20 by weight, preferably 0,1% by weight sweet fennel, mass of the milling product and honey are approximately identical; the mass obtained is allowed to swell and ripen for at least 21 days in an enamelled or rust-proof or glass vessel, thereafter the product is cut in pieces and
25 shaped, if desired, it can be provided with a coating, expediently by dipping or strewing, at last it is packed into foil or boxes in a way known in itself.
2. Method as claimed in claim 1, characterized
30 in that the grits contain sunflower-seeds as oil-seeds.
3. Method as claimed in claim 1, characterized
in that as oil-seed linseeds are contained.
- 35 4. Method as claimed in any of the claims 1 to 3, characterized in that as surfacial coating chocolate, chocolate grits or cocoa-powder, wafer or a paste may be used.

INTERNATIONAL SEARCH REPORT

International Application No PCT/HU 89/00006

I. CLASSIFICATION OF SUBJECT MATTER (if several classification symbols apply, indicate all) ⁴		
According to International Patent Classification (IPC) or to both National Classification and IPC		
IPC ⁴ : A 23 L 1/29		
II. FIELDS SEARCHED		
Minimum Documentation Searched ⁷		
Classification System	Classification Symbols	
Int.Cl. ⁴	A 23 L 1/08, 1/10, 1/172, 1/20, 1/29, 1/30, 1/307, 1/308, 1/36	
Documentation Searched other than Minimum Documentation to the Extent that such Documents are included in the Fields Searched ⁸		
III. DOCUMENTS CONSIDERED TO BE RELEVANT ⁹		
Category ¹⁰	Citation of Document, ¹¹ with indication, where appropriate, of the relevant passages ¹²	Relevant to Claim No. ¹³
X	DE, A1, 2 853 194 (J.KLOSA) 26 June 1980 (26.06.80), see pages 2,3; example 6.	(1-4)
X	EP, A1, 0 087 669 (R.SCHANZE) 07 September 1983 (07.09.83), see claims.	(1-4)
A	FR, A, 1 572 373 (P.BASTET) 27 June 1969 (27.06.69), see totality.	(1)
A	US, A, 1 210 589 (A.V.BLACK et al.) 02 January 1917 (02.01.17), see totality .	(1)
A	US, A, 1 175 407 (V.G.BRIGHT) 14 March 1916 (14.03.16), see totality.	(1)

<p>¹⁰ Special categories of cited documents: ¹⁴</p> <p>"A" document defining the general state of the art which is not considered to be of particular relevance</p> <p>"E" earlier document but published on or after the international filing date</p> <p>"L" document which may throw doubts on priority claim(s) or which is cited to establish the publication date of another citation or other special reason (as specified)</p> <p>"O" document referring to an oral disclosure, use, exhibition or other means</p> <p>"P" document published prior to the international filing date but later than the priority date claimed</p> <p>"T" later document published after the international filing date or priority date and not in conflict with the application but cited to understand the principle or theory underlying the invention</p> <p>"X" document of particular relevance; the claimed invention cannot be considered novel or cannot be considered to involve an inventive step</p> <p>"Y" document of particular relevance; the claimed invention cannot be considered to involve an inventive step when the document is combined with one or more other such documents, such combination being obvious to a person skilled in the art.</p> <p>"A" document member of the same patent family</p>		
IV. CERTIFICATION		
Date of the Actual Completion of the International Search	Date of Mailing of this International Search Report	
13 April 1989 (13.04.89)	24 April 1989 (24.04.89)	
International Searching Authority	Signature of Authorized Officer	
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Anhang zum internationalen Recherchenbericht über die internationale Patentanmeldung Nr.

In diesem Anhang sind die Mitglieder der Patentfamilien der im obengenannten internationalen Recherchenbericht angeführten Patentdokumente angegeben. Diese Angaben dienen nur zur Unterrichtung und erfolgen ohne Gewähr.

Annex to the International Search Report on International Patent Application No. PCT/HU 89/00006

This Annex lists the patent family members relating to the patent documents cited in the above-mentioned International search report. The Austrian Patent Office is in no way liable for these particulars which are merely given for the purpose of information.

Annexe au rapport de recherche internationale relatif à la demande de brevet international n°.

La présente annexe indique les membres de la famille de brevets relatifs aux documents de brevets cités dans le rapport de recherche internationale visé ci-dessus. Les renseignements fournis sont donnés à titre indicatif et n'engagent pas la responsabilité de l'Office autrichien des brevets.

Im Recherchenbericht angeführtes Patent- dokument Patent document cited in search report Document de brevet cité dans le rapport de recherche	Datum der Veröffentlichung Publication date Date de publication	Mitglied(er) der Patentfamilie Patent family member(s) Membre(s) de la famille de brevets	Datum der Veröffentlichung Publication date Date de publication
DE - A1 - 2 853 194	26/06/80	DE-C2-2 853 194	19/01/1989
EP - A1 - 0 087 669	07/09/83	AT-E - 16 754 EP-B1-0 087 669 DE-A1-3 207 505 DK-A0- 927/83 DK-A - 927/83 US-A -4 540 594	15/12/1985 04/12/1985 08/09/1983 21/02/1983 03/09/1983 10/09/1985
FR - A - 1 572 373	27/06/69	NONE/KEINE	
US - A - 1 210 589	02/01/17	NONE/KEINE	
US - A - 1 175 407	14/03/16	NONE/KEINE	